



Vigilant

The Journal of the 143rd



143rd Composite Squadron, Waterbury, CT

FEBRUARY 2013

Squadron Schedule

- 05MAR13 Squadron Meeting**
ES/Safety/Character Dev.
Uniform: BDU/Polo
- 09MAR13 Squadron ES Exercise**
Meriden Airport
Uniform: BDU/Flightsuit/Polo
- 12MAR13 Squadron Meeting**
AE
Uniform: BDU/Polo
- 15MAR13 Great Start Weekend**
Camp Niantic, Niantic, CT
Uniform: BDU/Polo
- 19MAR13 Squadron Meeting**
CPFT/Fitness Activity
Uniform: PT/BDU/Polo
- 23MAR13 CTWG Cadet Competition**
New Fairfield High School
Uniform: Blues/Corporate
- 26MAR13 Squadron Meeting**
Leadership
Uniform: Blues/Corporate
- 02APR13 Squadron Meeting**
ES/Safety/Character Dev.
Uniform: BDU/Polo
- 09APR13 Squadron Meeting**
AE
Uniform: BDU/Polo
- 13APR13 RIWG Cadet Encampment**
Camp Varnum, RI
Uniform: BDU/Polo
- 16APR13 Squadron Meeting**
CPFT/Fitness Activity
Uniform: PT/BDU/Polo
- 23APR13 Squadron Meeting**
Leadership
Uniform: Blues/Corporate
- 27APR13 Earth Day Fund Raising**
Woodbury, CT
Uniform: BDU/Polo
- 30APR13 Squadron Open House**
Uniform: Blues/Corporate

Annual Safety Day

The Air Force Safety Strategic Plan includes this introduction:

"Safety is an enabling capability and a force multiplier when employed effectively. The entire focus of Air Force Safety's strategic planning is on harnessing resources and expertise to empower commanders and Airmen wherever they are engaged with the right capabilities and tools to effectively risk manage operations. The planned effect of properly employed safety capabilities, tools and expertise is an enduring Wingman culture of mission accomplishment while preventing mishaps and preserving valuable resources."

These same ideas are the key component of the CAP Safety Program (CAPR 62-1) which states "The

primary goal of the CAP Safety Program is to protect both the membership and its assets in the performance of their volunteer duties. To do this, CAP leadership and its safety program managers shall use both education and training to promote the culture of safety within the Civil Air Patrol."

This year's Annual Safety Day at the 143rd was held on 05FEB13. Squadron Safety Officers Maj Tom Litwinczyk and Maj Joe Palys created a special squadron meeting schedule that focused solely on Safety. Discussion topics included Operational Risk Management, Safety Mishap Reporting, Safety Suggestion Submission, CAP Safety Education, Activity Safety Planning and a review of the squadron's Accident Prevention Plan.



C/CMSgt Devin Moore, Squadron Cadet Safety Officer, presents a class on proper use of fire extinguishers.



Maj Tom Litwinczyk, Assistant Squadron Safety Officer, presents a Risk Management class.

The 143rd Composite Squadron

Squadron Commander: Maj Timothy McCandless
Deputy Commander for Seniors: 1st Lt James Keaney
Deputy Commander for Cadets: 1st Lt Paul Beliveau
Cadet Commander: C/Lt Col Matthew McCandless
Cadet First Sergeant: C/CMSgt Christian Tynan

Regular Meetings every Tuesday 7-9pm
Connecticut National Guard Armory
64 Field Street, Waterbury, Connecticut

www.ctwg.cap.gov/ct011

www.gocivilairpatrol.com

1st Lt James Keaney Appointed Deputy Commander for Seniors

1st Lt James Keaney has been appointed Deputy Commander for Cadets of the 143rd Composite Squadron. Jim joined CAP in 2011 and has served as Public Affairs and Activities Officer for the squadron. In his new role he will take charge of all Senior Programs activities in the squadron.

The Deputy Commander for Seniors is charged with the following responsibilities:

- Establish plans, policies, and procedures necessary to the fulfillment of the CAP mission, which are not in conflict with the directives of higher headquarters.
- Ensure proper wear of the uniform and that violations are promptly corrected.
- Keep informed of the accomplishments, problems, and degree of compliance with regulations and other directives.
- Ensure safety of personnel and equipment through compliance with directives and policy guidance; ensure an effective safety awareness and education.
- Coordinate the activities of staff officers to prevent overlapping of functions and to resolve conflicts.
- Ensure that new personnel are properly introduced to CAP and make frequent checks on their progress.



1st Lt James Keaney (l.) and 1st Lt Paul Beliveau (r.) share an interest in history. This photo was taken at an antique machinery show where they met by chance last fall. Photo by Linda Keaney

1st Lt Paul Beliveau Appointed Deputy Commander for Cadets

1st Lt Paul Beliveau has been appointed Deputy Commander for Cadets of the 143rd Composite Squadron. Paul joined CAP in 2011 and has served as Testing Officer and Activities Officer for the squadron. In his new role he will take charge of all Cadet Programs activities in the squadron.

The Deputy Commander for Cadets is charged with the following responsibilities:

- Directs and evaluates implementation of the CAP cadet program within the squadron.
- Coordinate to assure attainment of cadet program objectives and adherence to cadet program directives.
- Ensure Cadet Protection policies and training are in place and being enforced.
- Select and supervise the senior member staff officers to direct the cadet program.
- Monitor funds and property used for cadet program.

February Promotions

The following members of the 143rd Composite Squadron were promoted in February:



George Garofalo has been promoted to 2nd Lt. This promotion requires completion of Level I of the Senior Member program and six months time in grade as a Senior Member.



David Maciel has been promoted to 2nd Lt. This promotion requires completion of Level I of the Senior Member program and six months time in grade as a Senior Member.



Matthew Hutzelman has completed the Gen Hap Arnold Achievement and has been promoted to C/A1C.



Matthew Hutzelman is promoted to C/SA1C by Maj McCandless (l.) and C/Lt Col Palys (r.)

Senior Member Professional Development Awards

The following members of the 143rd Composite Squadron were awarded Senior Member Professional Development Achievements in February:



Joseph Palys has earned a Master Rating in the Professional Development Specialty Track.



143rd Cadets Visit Washington, DC



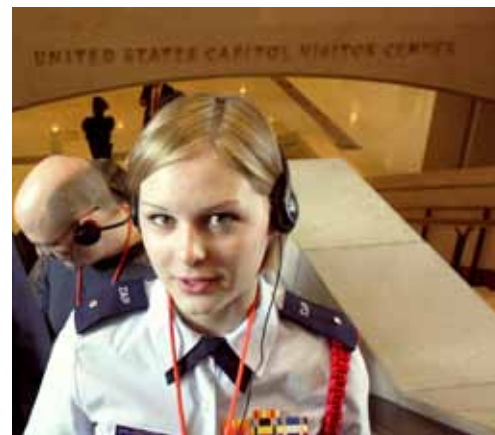
C/CMSgt Tynan (l.) and C/2nd Lt Lange (r.) in front of the United States Capitol building.

Cadets 2Lt Lange and CMSgt Tynan from the 143rd visited the U.S. Capitol in February 2013. The new visitor's center had, in addition to its security plaza, a vast entry hall containing several state statues including one of Apollo 13 Astronaut Jack Swigert representing Colorado, a marble replica of the Columbia statue which stands atop the Capitol dome, and two movie theaters where visitors view a film introduction to the history of the U.S. Capitol building. The cadets went on a guided tour through the Capitol itself. Congress was not in session during the visit, but the Library of Congress, accessed through an underground tunnel from the Capitol, was open to the public.

Official proposals to add a visitor's center to the US Capitol building were put forth in the mid-1970s, and "in 1991, Congress authorized funding for conceptual planning and design of a visitor center" for the US Capitol building. Construction began in the fall of 2001, but due to security and accessibility concerns, construction and planning were halted and re-evaluated several times and the grand opening was held some seven years later, on December 1, 2008. "Thousands of tons



C/2nd Lt Lange (l.) and C/CMSgt Tynan (r.) at the Astronaut Jack Swigert statue.



C/2nd Lt Lange on the guided tour of the US Capitol.

of concrete, 400,000 carefully selected hunks of stone, and a million and one other bits of metal, marble and history, at a cost of \$621 million" dollars went into the construction of the largely underground visitor's center located "below the East Capitol Grounds, so as to enhance rather than detract from the appearance of the Capitol and its historic Frederick Law Olmsted landscape. The Capitol Visitor Center contains 580,000 square feet on three levels and is approximately three-quarters the size of the Capitol itself (775,000 sq. ft.). The project footprint is actually larger than that of the Capitol by nearly 18,000 sq. ft." and holds "150,000 square feet of "shell space" for some future day when Congress might need more office area."

Sources: Washington post newspaper online, capitol visitor's center website.

Story and photos by Capt Sarah Lange.

Cadet Drill Team Practices

The squadron drill team has been practicing both at Squadron meetings and on Thursday nights at the American Legion Hall in Oxford, CT. Preparing for the CTWG Cadet Competition in March has been a rigorous activity that includes drill and ceremonies, physical fitness and volleyball practice, aerospace and leadership reviews, as well as uniform inspections.

CAP National Headquarters established the National Cadet Competition to provide incentive and motivation for cadets to train and attain goals in leadership, aerospace education, physical fitness and teamwork. To provide an opportunity for cadets to increase esprit de corps through excellence in training and performance. As well as to provide a public validation of the objectives of the Civil Air Patrol (CAP) Cadet Program.

Through the National Cadet Competition cadets who compete at any level develop pride, esprit de

corps and a sense of accomplishment. Cadets and senior members have the reward of knowing what the cadets' skill and abilities are when they are "put to the test" in areas required by the NCC.

The National Cadet Competition consists of two separate competitions: The National Drill Team Competition (NDTC) and The National Color



Lt Col Levitt reviews the uniform inspection procedures with the drill team.

Guard Competition (NCGC). The NCGC consists of seven events: In-Ranks Inspection, Standard Drill, Indoor Practical Drill, Outdoor Practical Drill, Written Examination, Panel Quiz, and the Mile Run. The NDTC also consists of seven events: In-Ranks Inspection, Standard Drill, Innovative Drill, Written Examination, Panel Quiz, Mile Run, and Volleyball.



Cadets practice volleyball basics at a squadron meeting.



Asteroid 2012 DA14



This image shows asteroid 2012 DA14 and the Eta Carinae Nebula, with the white box highlighting the asteroid's path. The image was taken using a 3" refractor equipped with a color CCD camera. The telescope is located at the Siding Spring Observatory in Australia and is maintained and owned by iTelescope.net.

What is asteroid DA14?

Asteroid 2012 DA14 is a small near-Earth object – approximately 150 feet (45 meters) in diameter. On Feb. 15, 2013, the asteroid will pass by our planet at a remarkably close distance, but the asteroid's path is understood well enough that there is no chance of a collision with the Earth.

How far away was asteroid 2012 DA14 at time of closest approach?

Asteroid 2012 DA14 was only about 17,200 miles (27,700 kilometers) above Earth's surface at the time of closest approach on Feb 15, 2013. This distance is well outside Earth's atmosphere, but it is inside the belt of satellites in geostationary orbit, which is located 22,200 miles (35,800 kilometers) above Earth's surface. The close-approach distance is only about one-tenth the distance between Earth and moon. Another way to express the distance between asteroid and Earth at time of closest approach is 4.4 Earth radii from Earth's surface – or about twice the diameter of the Earth.

How fast was the asteroid traveling at closest approach?

Asteroid 2012 DA 14 is traveling at about 17,450 miles per hour (28,100 kilometers per hour), or 4.8 miles per second (7.82 kilometers per second) relative to Earth.

Who discovered asteroid DA14?

Asteroid 2012 DA14 was discovered by the La

Sagra Sky Survey operated by the Astronomical Observatory of Mallorca in Spain on Feb. 23, 2012. The asteroid was about 2.7 million miles (4.3 million kilometers) distant when it was detected. Their observations were reported to the NASA funded Minor Planet Center, operated by the Smithsonian Astrophysical Observatory for the International Astronomical Union, where all observations from observatories worldwide are combined to maintain the database on all known asteroids and comets in our solar system.

How many asteroids are out there similar in size to asteroid DA14?

Scientists believe there are approximately 500,000 near-Earth asteroids the size of 2012 DA14. Of those, less than one percent have been discovered.

How many times do asteroids the size of DA14 fly this close?

Scientists at NASA's Near-Earth Object Program Office in Pasadena, Calif. estimate that an asteroid the size of 2012 DA14 flies this close every 40 years on average and that one will impact Earth, on average, about once in every 1,200 years.

What would have happened if Asteroid DA14 impacted Earth?

A comparison to the impact potential of an asteroid the size of 2012 DA14 could be made to the impact of a near-Earth object that occurred in 1908 in Tunguska, Siberia. Known in the asteroid community as the "Tunguska Event," this impact of an asteroid just slightly smaller than 2012 DA14 (approximately 100 – 130 feet/30-40 meters across) is believed to have flattened about 825 square miles (2200 square kilometers) of forest in and around the Podkamennaya Tunguska River in what is now Krasnoyarsk Krai, Russia.

What is NASA doing about Near-Earth Objects?

The NASA Near Earth Object Observation (NEOO) Program detects and tracks asteroids and comets passing close to Earth using both ground- and space-based telescopes. The network of projects supported by this program, commonly called "Spaceguard," discovers these objects, characterizes a subset of them and plots their orbits to determine if any could be potentially hazardous to our planet.

All observations from observatories worldwide are sent to the NASA funded Minor Planet Center, operated by the Smithsonian Astrophysical Observatory for the International Astronomical Union, where they are combined to maintain the database on all known asteroids and comets in our solar system. The NEOO Program also performs orbit analysis on the discovered Near Earth Asteroids (NEAs) at Goddard Space Flight Center to determine which ones may become good robotic or human spaceflight destinations in the near future.

-Taken from www.nasa.gov

DOUGLAS B-26K (A-26) COUNTER INVADER



DAYTON, Ohio -- Douglas B-26K Counter Invader at the National Museum of the United States Air Force. (U.S. Air Force photo)

The Counter Invader was a highly modified version of the Douglas A-26 Invader, a World War II attack bomber. Redesignated B-26 in 1948, the Invader served again during the Korean War (1950-1953), mainly as a night intruder against North Korean supply lines. It was removed from service in 1958, but in 1961 the USAF recalled many Invaders for use as tactical bombers in Southeast Asia. Combat duty and two decades of wear took their toll, and in 1964 the B-26s again were removed from service.

In 1966 the old bomber was resurrected once more when the improved B-26K Counter Invader returned to Southeast Asia for ground-attack missions along the Ho Chi Minh Trail. Modified by On Mark Engineering, the B-26K had a rebuilt fuselage and tail, strengthened wings, improved engines, reversible propellers, wing-tip fuel tanks and other refinements. Redesignated A-26As, Counter Invaders remained in Southeast Asia until 1969 and retired from USAF service.



DAYTON, Ohio -- Douglas B-26K (A-26A) Counter Invader cockpit at the National Museum of the United States Air Force. (U.S. Air Force photo)



DAYTON, Ohio -- Douglas B-26K Counter Invader at the National Museum of the United States Air Force. (U.S. Air Force photo)



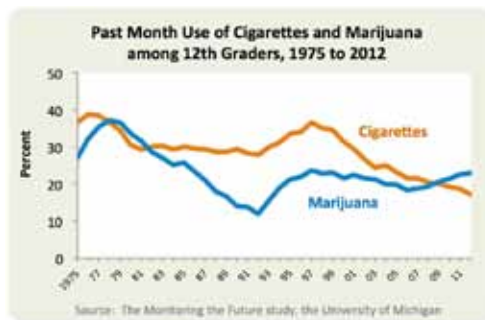
Monitoring the Future Survey Overview of Findings 2012

This year's Monitoring the Future Survey is encouraging with declining drug use among high school teens; however, concerns remain about the persistent high rates of marijuana and nonmedical prescription drug use.

The Good News

Cigarette smoking continues to fall to the lowest rate in the survey's history. One-year declines were seen in lifetime use among 8th and 10th graders and all prevalence periods have seen a continued and longer term trend of decreasing cigarette use. For example, five-year trends showed significant drops among all grades. Current use was reported by 4.9% of 8th graders, down from 7.1% in 2007 and from 6.1% last year. Tenth and 12th graders also saw a drop from 2007 to 2012 with 10.8% of 10th graders and 17.1% of 12th graders reporting past month use.

Likewise, five-year trends showed significant decreases in alcohol use among all grades and across nearly all prevalence periods. For example, from 2007 to 2012,



current use of alcohol declined from 15.9% to 11.0% among 8th graders, from 33.4% to 27.6% among 10th graders and from 44.4% to 41.5% among high school seniors. From 2011 to 2012, decreases were observed in lifetime, past year, current and binge use of alcohol among 8th graders.

The use of Ecstasy showed a significant drop in past year use from 2011 to 2012, reported by 1.1% of 8th graders, 3% of 10th graders, and 3.8% of 12th graders.

Overall, the use of most illicit drugs has either declined or remained steady from 2011 to 2012. For example, use of inhalants is at its lowest levels in the history of the survey across all grades and prevalence periods. Among 8th graders for whom inhalant use is most prevalent, current use has decreased to 2.7%. Also among 8th graders, declines were reported for current use of amphetamines, cocaine and hallucinogens. Past year use of Salvia decreased from 3.9% to 2.5% among 10th graders and from 5.9% to 4.4% among 12th graders.

Areas of Concern

Five-year trends are showing significant increases in past month (current) marijuana use among 10th and 12th graders and an increase in daily marijuana use across all three grades. From 2007 to 2012, past month use increased from 14.2% to 17.0% among 10th graders and from 18.8% to 22.9% among 12th graders. Among high school seniors it was at its highest point since the late 1990's. Additionally, these increases continue to parallel softening attitudes for the last several years about the perceived risk of harm associated with marijuana use.

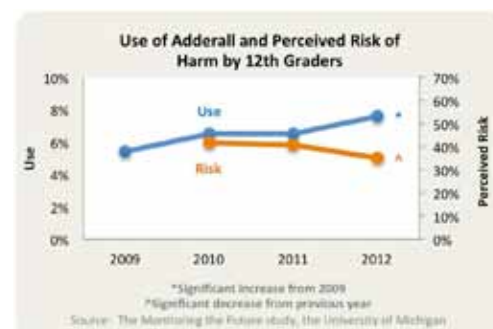
This year's survey captured the use of synthetic marijuana, also known as K2 or "Spice", among 8th and 10th graders for the first time. Past year use was reported by 4.4% of 8th graders and by 8.8% of 10th graders. About 1 in 9, or 11.3% of high school seniors reported use of synthetic marijuana—unchanged from 2011. Also new in the survey this year was the past year use of bath salts reported by 0.8% of 8th graders, 0.6% of 10th graders, and 1.3% of 12th graders.

Many of the drugs used by 12th graders are prescription or over-the-counter medications. Although this year's survey showed a long term drop in past year non-medical use of Vicodin among all grades, its use remains at unacceptably high levels (e.g., at 7.5% among high school seniors).

The abuse of prescription stimulants is also a cause for concern. In the past several years the percent of 12th graders reporting the nonmedical use of Adderall has increased from 5.4% in 2009 to 7.6% in 2012. As in nearly all cases, attitudes toward substance abuse are often seen as harbingers of change in reported use. In 2012 nearly 6% fewer high school seniors reported that trying Adderall occasionally was harmful—an indication that use may continue to rise.

The survey continues to show that most teens obtain prescription drugs like amphetamines, tranquilizers, or narcotics other than heroin, for free from friends and family; roughly 68% of 12th graders, for example, report getting prescription pain relievers this way.

-Taken from www.drugabuse.gov



Salvia

What Is Salvia?

Salvia (Salvia divinorum) is an herb found in southern Mexico and Central and South America. The main active ingredient in Salvia, salvinorin A, affects the brain by attaching to targets on nerve cells called kappa opioid receptors. These receptors are different from those activated by the more well-known opioids, such as heroin and morphine.

Traditionally, people chew fresh *S. divinorum* leaves or drink their extracted juices. The dried leaves of *S. divinorum* can also be smoked as a joint, inhaled through water pipes, or vaporized and inhaled. Although Salvia is not prohibited by Federal law, several States and countries have passed laws to regulate its use. The Drug Enforcement Agency has listed Salvia as a drug of concern and is considering classifying it as a Schedule I drug, like LSD or marijuana.



What Are the Common Effects?

People who abuse Salvia generally experience hallucinations or a loss of contact with reality. The effects are intense but do not last long, appearing in less than 1 minute and lasting less than 30 minutes. They include changes in visual perception, mood and body sensations, emotional swings, and feelings of detachment. People also report a very different perception of reality and of oneself and have trouble interacting with their

surroundings. This last effect has raised worry about the dangers of driving under the influence of salvinorin A. The long-term effects of Salvia abuse have not been fully studied. Recent experiments in rodents show that salvinorin A harms learning and memory.

Who Uses Salvia?

NIDA's Monitoring the Future (MTF) study asked 8th-, 10th-, and 12th-graders about Salvia abuse for the first time in 2009—5.7 percent of high school seniors reported that they used it during the past year (greater than the percentage who reported using Ecstasy). And according to the latest MTF figures, the use of Salvia reported by 10th- and 12th-graders decreased from 2011 to 2012, with 2.5 percent of 10th-graders and 4.4 percent of 12th-graders reporting using it in the past year. Although information about this drug is limited, its abuse is likely driven by drug-related videos and information on Internet sites.

-Taken from teens.drugabuse.gov



Daylight Saving Time = Replace Batteries in Smoke and Carbon Monoxide Alarms

WASHINGTON, D.C. – Do you have working smoke and carbon monoxide (CO) alarms in your home? If not, the U.S. Consumer Product Safety Commission (CPSC) urges you to install them. Smoke and CO alarms add an important layer of safety to your home.

There are more than 366,000 home fires every year and more than 2,300 people die in them, according to CPSC's latest Residential Fire Loss Estimates report.



If you do have smoke alarms, make sure they are working properly and have fresh batteries. According to the National Fire Protection Association (NFPA), two-thirds of fire deaths occur in homes without working smoke alarms.

When changing clocks ahead one hour for Daylight Saving Time this weekend, replace the batteries in alarms. According to the U.S. Census Bureau's American Housing Survey for 2011, only three out of four homes reported they changed the batteries in their smoke alarms in the last six months. Batteries need to be replaced in alarms every year. In addition, CPSC recommends that consumers test their alarms every month to make sure they are working.

Smoke alarms should be placed on every level of the home, inside each bedroom, and outside sleeping areas.

While about 95 percent of U.S. homes report having at least one working smoke alarm, only 42 percent report having a working CO alarm, based on 2011 U.S. Census Bureau data. CO alarms can alert you and your family to dangerous levels of carbon monoxide inside your home.

According to the Centers for Disease Control and Prevention (CDC), more than 500 people die each year in the U.S. from unintentional, non-fire related CO poisoning. This figure includes incidents involving automobiles left idling in a home's garage, which does not fall under CPSC's jurisdiction. Each year from 2007 to 2009, there were nearly 170 deaths involving consumer products under CPSC's jurisdiction, including portable generators and home heating systems.

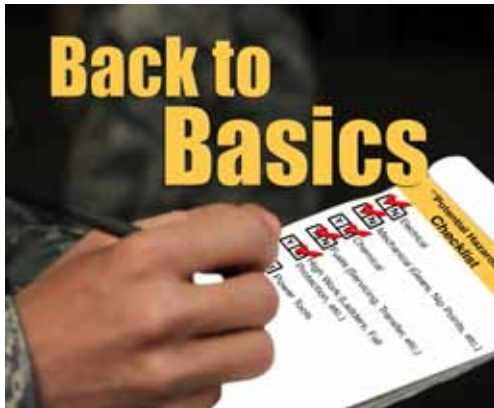
Carbon monoxide is called the invisible killer, because you cannot see or smell it. This poisonous gas can come from a variety of sources and quickly incapacitate and kill its victims.

If you do not have CO alarms, get them. CO alarms should be installed on every level of the home and outside sleeping areas. Like smoke alarms, CO alarms need fresh batteries every year. They should be tested once a month to make sure they are working.

Combination smoke and CO alarms are also available all in one unit.

-Taken from www.cpsc.gov

Getting Back To Basics Can Save Lives



Getting back to basics can save lives (U.S. Air Force illustration/Felicia M. Hall)

Commentary by Bill Parsons
Air Force Chief of Ground Safety

2/25/2013 - KIRTLAND AIR FORCE BASE, N.M. (AFNS) -- In the stressed, overworked and strained ops tempo environment of today's Air Force, safety sometimes ends up pushed to the back burner.

While cutting back on safety precautions is one solution to our over-filled plates, it is the most dangerous, with literally, life-threatening consequences. However, there is another option that can be lifesaving, and it has to do with our safety professionals getting back to the basics of our jobs, although I suspect many will not be happy with this solution.

We must reset our safety priorities because, frankly, things aren't going very well when it comes to on-duty fatalities. In my not-so-humble opinion, four on-the-job fatalities in the Air Force so far this fiscal year -- more than all of last fiscal year -- is four too many. On-duty fatalities occur in a controlled environment and are preventable. Therefore, each of the four fatalities we've experienced this year was preventable.

The Air Force has the very best safety and health professionals and the most well-developed and managed occupational safety and health program in the world. We have more than 650,000 Air Force military and civilian personnel working worldwide. These men and women receive the very best of occupational safety and health training. A single fatality is an indicator of a weak link in our program. What is the link?

Every injury or death is a failure; likely the failure of one or more of these groups: the commanders, the supervisors or the safety professionals. This trio must work to protect our Airmen from hazardous exposure, hazardous environments and/or poor decision making. One of the roles of the safety professional is the "boots on the ground" function; this could be our weak link. That function is a basic part of our job where we are out in the field making sure everyone is doing their part in protecting

our Airmen. Our safety program must make spot inspections, workplace visits and Air Force instruction enforcement a priority. Out of those inspections and visits come priceless educational opportunities for skilled safety professionals to ensure every Airman has the necessary knowledge to create and maintain the safest possible work environments.

When safety professionals put their "boots on the ground" as often as possible, relationships develop that foster an environment focused on protecting Airmen and, by extension, preserving all combat capabilities. And let's not lose sight of the vital importance each on-site visit provides as the perfect educational tool for use by all participants in the visit. Airmen will learn instantly if there is something that needs attention, while safety professionals hone their skills in being able to apply safety concepts as well as AFI requirements.

The only bad part of our job as safety professionals is that we seldom know when we're successful, but we always know when we fail. Failure is not an option. I encourage all safety professionals to work diligently with commanders and supervisors toward our goal of zero on-duty fatalities. No one group can do it alone. Remember: commanders, supervisors and good safety professionals, do what it takes to keep all our military and civilian personnel safe.

-Taken from www.af.mil